

Gems from the Gym

January

We are right in the middle of winter so it is a good time to remind all that sneakers are needed for gym. Snow boots (especially black soled boots) make black marks on the floor. It actually gets pretty hot in gym so water bottles are recommended.

In January we play floor hockey and basketball. We all have our routine down at the beginning of class as well. This routine starts with a run/walk then moves to silent stretching while we listen to classical music followed up with form running (We call it “Leg Work”).

The Fit and Lit program is going strong so keep those sheets coming. Remember sledding, skating and shoveling are great winter exercises that you can record on your sheets.\

Details about our school wide Jump for Heart fundraiser will be coming soon. You can find general information about it under the “PE Home Page” part of the PE Website.